Ding-a-Ling Drill



**intent:**

Provide simple cues to young learners that assist in throwing a yarn ball overhead with a mature form.

**OUTCOMES:**

Participants will apply a mature throwing technique for an overhead throw using the Ding-a-Ling method taught in the Fundamental Movement Skills module.

MCBS00539A0000[1]**Materials Required:**

* Ample space, free of obstacles for safe moving and throwing
* Yarn balls (1 per person)

**Time:** 5 minutes 

**Process:**

* Participants will spread out in the designated area, all facing the same direction/wall; each with a yarn ball.
* Activity prompts and directions:
  + Do you know what an old fashion telephone ring sounds like? “Ding-a-ling-a-ling.” This activity gives simple cues to teach how to throw a ball overhead correctly. First we’ll practice without the yarn ball.
  + Stand with your chest perpendicular to the target (wall), feet spread shoulder width apart\*. Pretend a phone is ringing, reach out to grab the phone, bend your arm and bring the phone by your ear and say, “Hello.” Rotate your hips towards the target, extend your arm forward and say, “It’s for you!” (Move as if you are handing a phone to someone.) Let’s try it a couple more times.
  + Now let’s add the yarn ball and say the cues as we step in opposition and throw.

\*The left leg will be closest to target for right-handed participants, and the right leg will be closest to the target for left-handed participants.

**OPTIONS:**

* The audience can be split in half, facing each other on opposite lines. During the throwing phase, each line can throw to the opposite side, eliminating the need to constantly “throw and retrieve” and saving time.
* Pair participants up and have one partner throw while the other observes and offers feedback—then have them switch roles.